

## ABSTRACT OF DISCLOSURE

A home exercise device is of greater value when it is capable of multiple functions and can be easily stored when not in use. Lightweight springs are used in place of heavy weight plates to reduce shipping costs and simplify storage. The device also includes a frame that supports a base, providing linear movement of the base relative to the frame. A bar, with spring tension, is coupled to a multi-position lock. This allows the bar to be positioned in a variety of locations relative to the frame and the user, thereby providing a variety of exercises. A head portion is also provided that includes a torsion spring. This spring can be engaged or disengaged from the frame to allow the user to provide spring tension to resist movement of the head portion. The diversity of movable components offers a vast variety of exercises that can be performed on the unit as well as enabling the unit to fold down for storage when not in use.